**Website**

**About me**

"Welcome to the space of Caffeinated Psychologist, a space dedicated to fostering mental well-being and breaking down the stigma surrounding mental health.

Led by Dipti, a passionate psychologist and mental health professional, our mission is to increase mental health awareness within our community. We recognize the significant lack of access to quality mental health care and strive to bridge this gap by providing clear and accessible information on mental health basics.

Through our platform, we aim to:

* **Break down harmful stereotypes** and promote understanding of mental health conditions.
* **Cultivate clarity of thoughts** and emotional awareness in individuals.
* **Reach as many people as possible** with valuable resources and support.

We believe that everyone deserves access to mental health support and that open conversations are crucial for creating a more compassionate and understanding society. Join us on this journey towards better mental well-being."

**Education:**

* Master of Science in Clinical Psychology
* Bachelor of Arts in Psychology, Philosophy, Sociology

**Professional Training:**

* Cognitive Behavioral Therapy (CBT) Training Level 1
* Rational Emotive Behavior Therapy (REBT) Level 1 Training

**Experience:**

* Experienced Clinical Psychologist with expertise in mood disorders.
* Career Counselor providing guidance to individuals in exploring and achieving their career goals.
* Intern Coordinator with experience in mentoring and guiding aspiring mental health professionals.
* College Psychological Counselor with a proven track record of providing support and guidance to students.
* Facilitator of workshops on mental health and well-being for diverse audiences.

**Contact**

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